

Now that the summer season is here, it's time to get back on track!

Physiotherapy, Pilates, Massage and more! For Collingwood Harriers members & friends

No matter if it's the track or the field, your Physio partners at *Back In Motion Alphington* can get you back to your best.

As a partner of Collingwood Harriers Athletics Club and athletes ourselves, we are delighted to support you and the club by providing top quality services in:

- Musculoskeletal physiotherapy
 - Spinal
 - Shoulders
 - Knees
 - Feet and ankles
 - Elbows, hand and wrist
- Sports injury physiotherapy
 - Injury prevention
 - Fitness and performance
 - Running biomechanics screening
 - Sports massage
 - Taping – Kinesiology and rigid
 - Bracing
 - Stretching programs
- Dry Needling
- Physiotherapy-inspired Clinical Pilates
- Orthotics advice and fitting
- Pre and post-operative care



See our website for more information about our services:

<http://www.backinmotion.com.au/practice/details/alphington>



Alphington

A 731 Heidelberg Road, Alphington, VIC 3078

T (03) 9499 6336 F (03) 9499 4331 E alphington@backinmotion.com.au W www.backinmotion.com.au/practice/details/alphington

We offer to you, your family and friends:

- **FREE Initial Assessment** – Have a no-obligation discussion with an expert physiotherapist and have your injury or concern assessed, all for free! Don't let niggles turn into major injuries, get it checked out by an expert and get it early.
- **Results4Life™** – Get outcomes that go above and beyond your expectations, with long-term, sustainable results.
- **Cutting edge fitness and rehabilitation** –to ensure the best and fastest outcomes possible. This includes Clinical Pilates and Personal training and rehabilitation.
- **Running biomechanics assessment and advice** – Includes a running technique and gait analysis and full body screening of motor control, core stability, flexibility, strength, endurance and posture!
- **Exclusive Collingwood Harriers discount off EVERY service**
 - o We will then match this discount and give that amount back to the club!



**CONGRATULATIONS ON BEING A
VALUED CLUB MEMBER**

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Call us today on **9499 6336** for your FREE assessment and discounted treatment to get rid of those niggles, get back on track and perform at your best.

Just mention you're from Collingwood Harriers to get all the perks!